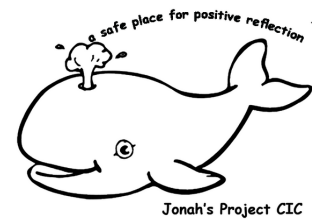


JONAH'S PROJECT CIC SOCIAL EMOTIONAL FRAMEWORK

THIS FRAMEWORK HAVE BEEN DESIGNED TO ASSESS, DELIVER AND EVALUATE THE FOLLOWING FIVE CORE SOCIAL EMOTIONAL COMPETENCIES OF THE YOUNG PEOPLE WE ENGAGE



SELF AWARENESS

The ability to accurately recognise one's own emotions, thoughts, and values and how they influence behaviour. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."

**Identifying
Emotions**

**Accurate
Self-perception**

**Self
Efficacy**

**Self
Confidence**

**Recognizing
Strengths**

SELF MANAGEMENT

The ability to successfully regulate one's emotions, thoughts, and behaviours in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

**Impulse
Control**

**Stress
Management**

**Self
Discipline**

**Self
Motivated**

**Goal
Setting**

SOCIAL AWARENESS

The ability to take the perspective of and empathise with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behaviour and to recognize family, school, and community resources and supports.

Empathy

**Perspective
Taking**

**Appreciating
Diversity**

**Respect
For Others**

**Reflective
Listening**

RELATIONSHIP SKILLS

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

Communication

**Team
Work**

**Social
Engagement**

**Seeking
Help**

**Resolving
Conflict**

RESPONSIBLE DECISION MAKING

The ability to make constructive choices about personal behaviour and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

**Identifying
problems**

Evaluating

Reflecting

**Analysing
Solutions**

**Solving
Problems**